

Winter's here. Here's how to keep moving!



Your memories of chemistry class may be hazy, but you might recall learning that molecules move faster in warmer environments, more slowly in cold ones. Your exercise habits may mirror that pattern! People tend to move their bodies less in the winter—about 11 minutes a day less on average, according to recent research. While it's natural to want to hunker down when it's cold and dark out, it's important to maintain the physical activity that keeps your heart, brain, bones, mood, and immune system ticking! And for that, you need a plan. If you have an existing exercise routine, winterize it by having a plan B for bitter-cold or icy days and add a workout buddy for accountability. Mindfulness may help you stay active,

too, according to a small new study in which instruction in mindfulness meditation helped participants stay moving—and not fall victim to typical seasonal decline in physical activity—as winter approached. Mindfulness meditation emphasizes paying attention to what's happening internally, in the present, without judgment, so it may be that it helped participants “listen” to their bodies.

Listen closely to yours, and you may hear it say,
“I need to move!” —whether it's winter, spring, summer, or fall.